

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently amended) A woven exercise rug comprising:  
a woven rug portion having ~~at least two~~ an exercise surface, and  
a plurality of contours located on at least a portion of ~~one surface~~ the exercise surface of the woven rug portion, each said contour having a longest dimension, as measured in a horizontal plane parallel to the exercise surface, the longest dimension of each of said contours is oriented substantially perpendicular to the longest dimension of said exercise surface and, wherein said contours are there are sufficient contours to provide a user of the exercise rug an improved grip on the increased traction between said contoured surface portion of the and another exercise surface, when said rug is positioned with said contoured surface portion on said other surface, relative to the user's grip on traction provided by a non-contoured surface portion of said woven rug portion on the exercise surface said other surface, when said non-contoured surface portion of said woven rug portion is positioned on said other surface.
2. (Currently amended) A woven exercise rug as claimed in claim 1, wherein said ~~one exercise surface~~ of the woven rug portion includes an upper portion, a lower portion and a central portion, and said contours are located in at least one of said upper and lower portions of the ~~one exercise surface~~ of the woven rug portion.
3. (Currently amended) A woven exercise rug as claimed in claim 2, wherein an area of the central portion of the ~~one exercise surface~~ of the woven rug portion is larger than an area of each of the upper and lower portions of ~~the one~~ the exercise surface of the woven rug portion.
4. (Currently amended) A woven exercise rug as claimed in claim 3, wherein the area of the central portion of the ~~one exercise surface~~ of the woven rug portion is larger than the combined area of the upper and lower portions of the ~~one exercise surface~~ of the woven rug portion.

5. (Original) A woven exercise rug as claimed in claim 1, wherein the contours comprise a plurality of ridges oriented substantially perpendicular to the direction of the longest dimension of the exercise rug.

6. (Currently amended) A woven exercise rug as claimed in claim 5, wherein said ~~one~~ exercise surface of the woven rug portion includes an upper portion, a lower portion and a central portion, and said rug comprises a plurality of ridges located in said upper portion of said ~~one~~ exercise surface of the woven rug portion, and a plurality of ridges located in said lower portion of the exercise ~~one~~ surface of the woven rug portion.

7. (Original) A woven exercise rug as claimed in claim 6, wherein the ridges are spaced at a predetermined distance from one another, and wherein the spacing between sets of ridges varies for at least two different sets of ridges.

8. (Currently amended) A woven exercise rug as claimed in claim 7, wherein said central portion of the ~~one~~ exercise surface of the woven rug portion is free of contours.

9. (Original) A woven exercise rug as claimed in claim 1, wherein the contours are provided by one or more elements selected from supplementary wefts and supplementary warps, and wherein said supplementary wefts and warps are wefts and warps in addition to those required to provide structural integrity to the rug.

10. (Original) A woven exercise rug as claimed in claim 9, wherein the contours are provided by a plurality of supplementary wefts.

11. (Original) A woven exercise rug as claimed in claim 1, wherein the contours comprise a plurality of indentations oriented substantially perpendicular to the direction of the longest dimension of the exercise rug.

12. (Currently amended) A woven exercise rug as claimed in claim 11, wherein said exercise ~~one~~ surface of the woven rug portion includes an upper portion, a lower portion and a

central portion, and said rug comprises a plurality of indentations located in said upper portion of said exercise one-surface of the woven rug portion, and a plurality of indentations located in said lower portion of the exercise one-surface of the woven rug portion.

13. (Original) A woven exercise rug as claimed in claim 12, wherein the indentations are spaced at a predetermined distance from one another, and wherein the spacing between sets of indentations varies for at least two different sets of indentations.

14. (Currently amended) A woven exercise rug as claimed in claim 1, wherein the contours are formed by a separate layer of material attached to the exercise one-surface of the woven rug portion of the exercise rug.

15. (Currently amended) A woven exercise rug as claimed in claim 14, wherein said exercise one-surface of the woven rug portion includes a upper portion, a lower portion and a central portion, and said rug comprises a separate layer of material attached to said upper portion of said exercise one-surface of the woven rug portion, and a separate layer of material attached to said lower portion of the exercise one-surface of the woven rug portion.

16. (Original) A woven exercise rug as claimed in claim 15, wherein the contours are spaced at a predetermined distance from one another, and wherein the spacing between sets of contours varies for at least two different sets of contours.

17. (Currently amended) A woven exercise rug as claimed in claim 1, wherein said contours are substantially uniformly spaced across a portion of said one surface of the woven rug portion.

18. (Currently amended) A woven exercise rug as claimed in claim 1, wherein said contours are substantially uniformly spaced across substantially all of said one surface of the woven rug portion.

19. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said contours are formed as bumps.

20. (Previously presented) A woven exercise rug as claimed in claim 1, wherein said woven exercise rug is rectangular in shape.

21-22. (Canceled)